

Our vision is for a Paruresis free world. Until then, people with shy bladder will live life to the fullest.

# IPA INTERNATIONAL PARURESIS ASSOCIATION

## "Freedom Press" eZine

March 2018

### IPA News

We are pressing the alternative to urine drug testing issue in the workplace, and should know more about what is happening with the proposed oral drug testing regulations after the Drug Testing and Advisory Board (DTAB) meeting this month. We have also begun writing our congressmen, and hope to get some responses soon.

Dr. Soifer traveled to India last week to lead the first workshop there in Mumbai. You can read about his experience here on the [IPA Talk Forum](#). Although the workshop was small, we're hoping it's the start of something that will grow in Asia. [Visit the Paruresis Association of India website here.](#)

Several other projects, including educating urologists about our issue, will hopefully begin in the Summer. We need to lay the groundwork for this project, and also several others. Time is an issue, so we will start them as soon as we can.

### Workshops

#### Workshop Schedule for 2018

##### New Workshop!

April 20-22 ~ Los Angeles ~ This is a GO!

April 27-29 ~ Detroit, MI ~ This is a GO!

May 4-6 ~ Winston-Salem, NC

June 8-10 ~ Denver, CO

June 8-10 ~ Baltimore, MD

August 31 - September 2 ~ Karlsruhe, Germany (note different city)

September 7-9 ~ Los Angeles, CA

October 19-21 ~ Philadelphia, PA

November 2-4 ~ Vancouver, BC Canada

##### Workshops in the USA and Canada

Canadian workshop can pay on par with the US Dollar

First timers Fee: \$695.00 (or 1% of your income/whichever is smaller)

Returnees Fee: \$395.00

Full-time Students: \$100

If you register at least one month before a scheduled workshop:

Early bird first timers: \$645.00

Early bird returnees: \$300.00

##### Workshops in Germany

First timers Fee: €400 (or 1% of your income/whichever is smaller)

Returnees Fee: €200  
Full-time students: €100

Note: You are on your own for accommodations and meals. However, we would be happy to give you the names of hotels or motels in the area.

Cancellation policy: If you cancel more than one month prior to a workshop, you are entitled to full refund or a full credit to another workshop. If you cancel less than one month prior to a workshop, you are entitled to a 50% refund OR a full credit for another workshop. Workshop credits must be used within one year.

Registration Info

Use the button above to find out how to register.

What Happens?

Use the button above to find out what happens at a workshop.

Schedule Info

Use the button above to view the workshop schedule details.

## Paruresis in the News

*Dear Deidre from The Sun - U.K.*

SHY BLADDER WOES: I'm terrified of doing my work's drugs test as I struggle to pee-on-demand.

DEAR DEIDRE: MY new company will demand I take a drugs test, but I'd struggle to produce a urine sample on demand. I've always been the same. I can't go to the loo if there's another guy in the gents. I have nothing to hide at all by doing the drugs test but I can't pee in the company of other people I'm 30 and I've finally got my HGV licence and a job I've wanted ever since I was a boy. I have nothing to hide at all but if I can't do the test, how can I keep my job? [Read Deidre's response here!](#)

## You're Not Alone

*Coming Up with a Plan for Gradual Exposure ~ by thimblin*

I've had paruresis for pretty much as long as I can remember. In high school I would never use the bathroom and hold it in until I got home. At college I would either manage to find an empty bathroom in the school or go to a restaurant that I knew had a private bathroom. These tactics helped me make it through the average day without the discomfort of a full bladder, but I would never be able to travel anywhere without anxiety over not being able to empty out my bladder. I REALLY dislike the feeling...[Read the rest here!](#)

[To join the IPA Talk Forum go here to register. It's free!](#)

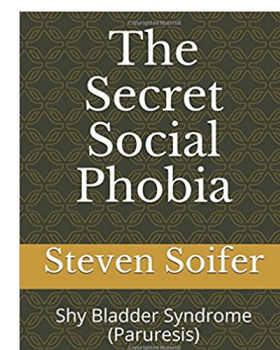
## The Secret Social Phobia

Dr. Soifer's new book is available now in paperback and Kindle.

Click on the book cover >>>>>>

to purchase a copy or to check it out.

If you buy it and like it, please review it! Thank you.



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